# THE SORROWFUL MYSTERIES

(Tuesday and Fridays)

### 1. THE AGONY IN THE GARDEN

(Luke 22,39-46)

"He then left to make his way to Gethsemane at the foot of the Mount of Olives, when he reached the place he said to the disciples: Sit here while I go there to pray. Then he knelt down and prayed. Father, he said, if you are willing, take this cup away from me. Nevertheless, let your will be done, not mine. In his anguish he prayed even more earnestly, and his sweat fell to the ground like great drops of blood."

### 2. THE SCOURGING AT THE PILLAR

(John 18,39-40; 19,1)

"But according to a custom of yours I should release one prisoner at the Passover; would you like me, then, to release for you the king of the Jews? At this they shouted, Not this man, they said, but Barabbas. Barabbas was a bandit. Pilate then had Jesus taken away and scourged."

### 3. THE CROWNING WITH THORNS

(Matthew 27, 29-30)

"And having twisted some thorns into a crown they put this on his head and placed a reed in his right hand. To make fun of him they knelt to him saying, Hail, king of the Jews! And they spat on him and took the reed and struck him on the head with it."

### 4. THE CARRYING OF THE CROSS

(Matthew 27,31; John 19,17; Mark 15,21)

"And when they had finished making fun of him, they took off the cloak and dressed him in his own clothes and led him away to crucifixion. And carrying his own cross he went out to the place called in Hebrew, Golgotha. They enlisted a passer-by, Simon of Cyrene, who was coming in from the country, to carry his cross."

### 5. THE CRUCIFIXION

(Luke 23, 33-34, 44-46; John 19, 33-35)

"When they reached the place called Golgotha, there they crucified him. Jesus said, Father, forgive them; they do not know what they are doing. It was now about the sixth hour and the sun's light failed, so that darkness came over the whole land until the ninth hour. Jesus cried out in a loud voice saying, Father, into your hands I commit my spirit. With these words he breathed his last. When they came to Jesus, they saw he was already dead, and so instead of breaking his legs one of the soldiers pierced his side with a lance; and immediately there came out blood and water."

# THE GLORIOUS MYSTERIES

(Wednesdays and Sundays)

### 1. THE RESURRECTION OF OUR LORD

(Matthew 28,5-6)

"But the angel spoke; and he said to the women: There is no need for you to be afraid. I know you are looking for Jesus, who was crucified. He is not here, for he has risen, as he said he would. Come and see the place where he lay. Then go quickly and tell his disciples, He has risen from the dead."

### 2. THE ASCENSION

(Luke 24,50-51; Mark 16,20)

"Then he took them out as far as the outskirts of Bethany, and raising his hands he blessed them. Now as he blessed them, he withdrew from them and was carried up to heaven. While they, going out, preached everywhere, the Lord working with them and confirming the word by the signs that accompanied it."

### 3. THE COMING OF THE HOLY SPIRIT AT PENTECOST

(Acts of Apostles 1,14; 2,1-4)

"With one heart all these joined constantly in prayer, together with some women, including Mary the mother of Jesus, and with his brothers. When Pentecost day came round, they had all met together, when suddenly there came from heaven a sound as of a violent wind which filled the entire house in which they were sitting; and there appeared to them tongues as of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit and began to speak different languages as the Spirit gave them power to express themselves."

### 4. THE ASSUMPTION OF THE BLESSED VIRGIN MARY

(The Song of Songs 2,10-11, 14)

"Come then, my beloved, my lovely one, come. For see, winter is past, the rains are over and gone. Show me your face, let me hear your voice; for your voice is sweet and your face is lovely."

### 5. THE CORONATION OF THE BLESSED VIRGIN AS QUEEN OF HEAVEN AND EARTH

(Psalms 45,14-15; Revelation 11,19; 12,1)

"Clothed in brocade, the king's daughter is led within to the king with the maidens of her retinue. Now a great sign appeared in heaven: a woman, robed with the sun, standing on the moon, and on her head a crown of twelve stars."

# PRAY THE ROSARY

## Changing the world is in your hands

The Rosary is prayed by reflecting on the life of Jesus Christ from His birth to His resurrection. Four sets of Mysteries (Joyful, Sorrowful, Glorious and Luminous) are prayed on a specific day of the week. Each Mystery set contains five individual life events also referred to as individual mysteries. One decade is 10 Hail Marys. Use the following schedule as a guide:

Joyful Mysteries - Monday and Saturday
Luminous Mysteries- Thursday
Sorrowful Mysteries - Tuesday and Friday
Glorious Mysteries- Wednesday and Sunday

A) Hold the crucifix of the Rosary, then start by making the sign of the Cross: In the name of the Father, and of the Son and of the Holy Spirit. Amen.

B) Then offer up your intentions ( Ask the Lord for what you need or for the needs of others).

C) On the crucifix recite the Apostles Creed:

I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

**D)** Then say 1 Our Father, 3 Hail Marys (for the virtues of Faith, Hope and Charity) and then 1 Glory Be:

Our Father, Who art in heaven, Hallowed be Thy Name. Thy Kingdom come. Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

Hail Mary, full of grace, the Lord is with thee; Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

**E.1)** After selecting the Mystery (for example: Joyful Mysteries), begin with the first individual life event (ex: The Resurrection of our Lord) by reading the text which raises the question about the understanding of its authentic content: What does the biblical text say in itself?

**E.2)** Then follows meditation in which the question is: what is the biblical text telling me? what is the relationship between that specific biblical text with my present life?

**E.3)** Next comes the moment of prayer which supposes the question: What do I say to the Lord as a response to His Word (the bliblical text)? Prayer as a petition, intercession, gratitude and praise, is the primary way with which the Word changes us.

**E.4)** It continues with contemplation, during which we accept as a gift of God, His own gaze in the judgement of reality, and we ask ourselves: What conversion of mind, heart, and life is the Lord asking of us?

**F)** While contemplating the picture of the individual mystery we start with 1 Our Father, 10 Hail Marys and 1 Glory Be (before the next life event) to make a complete decade of the Rosary.

**G)** After each decade the Fatima Prayer may also be said (Pope Pius XII):

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those who are in most need of Thy mercy.

**H)** For each of the remaining four decades you are going do the same as we do on the first individual life event or first individual mystery; as you work your way to the end of the rosary.

**I)** After the completion of the fifth life event, hold the medal (or centerpiece) and pray the Hail, Holy Queen:

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O Holy Mother of God. That we may be made worthy of the promises of Christ. Amen

*According to the tradition, the reflection of the mysteries is the part of the rosary that the Virgin Mary explained to Saint Dominic very carefully. When we think of Jesus, meditating on the mysteries of revelation, we deepen our faith and value what He has done for us. The best way to achieve this meditation is to do it with His Most Holy Mother, the Virgin Mary. We begin to understand, at the same time, the great role played by Mary in our Redemption.The mysteries of the rosary bring us closer to Jesus and to Mary.*

# THE JOYFUL MYSTERIES
## (Mondays and Saturdays)

### 1. THE ANUNCIATION

(Luke 1,30-32, 38)

The angel said to her, "Mary, do not be afraid; you have won God's favour. Look! You are to conceive in your womb and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. Mary said, You see before you the Lord's servant, let it happen to me as you have said."

### 2. THE VISITATION (OF MARY TO HER COUSIN ELIZABETH)

(Luke 1,39-43)

"Mary set out at that time and went as quickly as she could into the hill country to a town in Judah. She went into Zechariah's house and greeted Elizabeth. Now it happened that as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord?"

### 3. THE NATIVITY

(Luke 2,6-11)

"Now it happened that, while they were there, the time came for her to have her child, and she gave birth to a son, her first-born. She wrapped him in swaddling clothes and laid him in a manger because there was no room for them in the living-space. In the countryside close by there were shepherds out in the fields. An angel of the Lord stood over them said, Do not be afraid. Look, I bring you news of great joy, a Saviour has been born."

### 4. THE PRESENTATION

(Luke 2,22-25, 34-35)

"They took him up to Jerusalem to present him to the Lord observing what is written in the Law of the Lord.
Now in Jerusalem there was a man named Simeon; he looked forward to the restoration of Israel and the Holy Spirit rested on him. Simeon blessed them and said to Mary his mother, Look, he is destined for the fall and for the rise of many in Israel, destined to be a sign that is opposed and a sword will pierce your soul too -- so that the intentions of many hearts may be laid bare."

### 5.THE LOST BOY JESUS AND FOUND IN THE TEMPLE

(Luke 2, 41-47)

"Every year his parents used to go to Jerusalem for the feast of the Passover. They went up for the feast as usual. When the days of the feast were over and they set off home, the boy Jesus stayed behind in Jerusalem without his parents knowing it. They went back to Jerusalem looking for him everywhere. It happened that, three days later, they found him in the Temple, sitting among the teachers, listening to them, and asking them questions; and all those who heard him were astounded at his intelligence and his replies."

# THE LUMINOUS MYSTERIES
## (Thursday)

### 1. THE BAPTISM IN THE JORDAN

(Matthew 3,13, 16-17)

"Then Jesus appeared: he came from Galilee to the Jordan to be baptised by John. And when Jesus had been baptised he at once came up from the water, and suddenly the heavens opened and he saw the Spirit of God descending like a dove and coming down on him. And suddenly there was a voice from heaven, This is my Son, the Beloved; my favour rests on him."

### 2. JESUS SELF-MANIFESTATION AT THE WEDDING OF CANA

(John 2,1-5)

"On the third day there was a wedding at Cana in Galilee. The mother of Jesus was there, and Jesus and his disciples had also been invited. And they ran out of wine, since the wine provided for the feast had all been used, and the mother of Jesus said to him, They have no wine. Jesus said,Woman, what do you want from me? My hour has not come yet. His mother said to the servants, Do whatever he tells you."

### 3. THE PROCLAMATION OF THE KINGDOM AND THE CALL TO CONVERSION

(Mark 1,15,21; 2,3-11; Luke 7,47-48)

"Jesus went into Galilee. There he proclaimed the gospel from God saying: The time is fulfilled, and the kingdom of God is close at hand. Repent, and believe the gospel. They went as far as Capernaum, when some people came bringing him a paralytic, but as they could not get the man to him through the crowd, they stripped the roof over the place where Jesus was; and when they had made an opening, they lowered the stretcher on which the paralytic lay. Seeing their faith, Jesus said to the paralytic, My child, your sins are forgiven. I order you: get up, pick up your stretcher, and go off home. For this reason I tell you that her sins, many as they are, have been forgiven her, because she has shown such great love. It is someone who is forgiven little who shows little love. Then he said to her, your sins are forgiven."

### 4. THE TRANSFIGURATION

(Matthew 17,1-3, 5)

"Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain by themselves. There in their presence he was transfigured: his face shone like the sun and his clothes became as dazzling as light. And suddenly Moses and Elijah appeared to them; they were talking with him. He was still speaking when suddenly a bright cloud covered them with shadow, and suddenly from the cloud there came a voice which said, This is my Son, the Beloved; he enjoys my favour. Listen to him."

### 5. INSTITUTION OF THE EUCHARIST, SACRAMENTAL EXPRESSION OF THE PASCHAL MYSTERY

(John 13,1; Matthew 26,26-29)

"Jesus, knowing that his hour had come to pass from this world to the Father, having loved those who were his in the world, loved them to the end. Now as they were eating, Jesus took bread, and when he had said the blessing he broke it and gave it to the disciples, saying: Take it and eat, this is my body. Then he took a cup, and when he had given thanks he handed it to them saying: Drink from this, all of you, for this is my blood, the blood of the covenant, poured out for many for the forgiveness of sins."